



Behavioral Risk Factor Surveillance System

*2002 South Dakota Summary
(Published July, 2004)*

The following is a summary of the South Dakota Behavioral Risk Factor Surveillance System telephone survey. A more comprehensive report is available upon request.

OVERVIEW

The South Dakota Behavioral Risk Factor Surveillance System (BRFSS) was initiated in 1987 by the South Dakota Department of Health with the assistance of the Centers for Disease Control and Prevention (CDC). CDC provided financial and technical assistance, developed the questionnaire, designed the methodology, and processed the data from the core questionnaire. The South Dakota Department of Health supervised the survey process, processed the data from state-specific questions, and designed and distributed the report.

The BRFSS is designed to collect information on the health behaviors of adults over time. For the 2002 survey, standard demographic questions were included along with sections on general health status, diabetes, asthma, hypertension awareness, cholesterol awareness, colorectal cancer screening, prostate cancer screening, women's health, cardiovascular disease, health care access, health care coverage and utilization, immunization, oral health, folic acid, seatbelts, firearms, tobacco use, alcohol consumption, exercise, weight control, body mass index, nutrition, family planning, and HIV/AIDS. South Dakota also added several state-specific questions to the end of the core questionnaire on diabetes, physical activity, health care insurance, injury prevention, and women's health.

Eligible respondents for the survey were individuals 18 years of age or older who resided a majority of the time at the household contacted. In households with more than one eligible respondent, a random selection was made to determine the actual respondent. The survey was completed by 4,788 respondents. All 4,788 interviews were completed between January 1, 2002, and December 31, 2002, at an approximate rate of 399 interviews per month.

If you would like more information about the South Dakota Behavioral Risk Factor Surveillance System, or have any questions or comments, please contact Mark Gildemaster at (605) 773-3596.

SURVEY RESULTS

Immunization

Adults aged 65 and older are recommended to get a yearly immunization against influenza, more commonly referred to as the "flu shot". When respondents aged 65 and over were asked if they have had an influenza vaccination within the past 12 months, 25.8 percent said they had not.

Asthma

Asthma's impact on health, quality of life, and the economy is substantial. The BRFSS defines lifetime asthma as respondents who have ever been told by a health professional that they had asthma, while current asthma is defined as those respondents who state that they still have asthma. In 2002, 8.6 percent of respondents had lifetime asthma, while 5.9 percent currently have asthma. This is the third consecutive year that South Dakota had the lowest percentage of respondents in the nation with lifetime asthma.

Hypertension

Hypertension is a major risk factor for both heart disease and stroke. The BRFSS definition of risk is respondents who report they have ever been told by a health professional that they have high blood pressure. Of the respondents surveyed, 25.2 percent have been told they have high blood pressure. When taking gender into consideration, 24.3 percent of females and 26.2 percent of males reported that they have high blood pressure.

Physical Inactivity

Based on the BRFSS definition of risk, 23.8 percent of the survey respondents were considered at risk from no physical activity. By gender, 24.9 percent of females and 22.6 percent of males reported no physical activity in the past month. Respondents who made \$75,000 or more reported less physical inactivity than the other income groups as did college graduates at 12.9 percent compared to 28.1 percent for high school graduates.

Overweight or Obese

Based on Body Mass Index (BMI), an estimated 60.6 percent of South Dakota's adults were overweight or obese in 2002. Comparing gender, 70.4 percent of males were overweight/obese compared to 50.6 percent of females. Considering age and income, those in the 55-64 year old age group and those earning \$50,000 to \$74,999 annually were the most likely to be overweight/obese. Respondents who have less than a high school education were also the most likely to be overweight/obese.

Cigarette Smokers

In South Dakota, 22.6 percent of the respondents reported smoking cigarettes. Of the male respondents, 25.6 percent smoked cigarettes compared to only 19.7 percent of the female respondents. By specific age group, the prevalence of smoking cigarettes was the highest among the 18-24 year old age group (35.9 percent). Among income groups, the highest proportion (30.1 percent) of smokers was found in those earning \$15-\$24,999 annually.

Table 1
Behavioral Risk Factor Surveillance System, 2002
Percent of Adult South Dakotans with Reported Risk by Gender, Age, Income, and Education

	Hypertension	Physical Inactivity	Overweight / Obese Based on BMI	Cigarette Smokers
Overall Totals	25.2%	23.8%	60.6%	22.6%
Gender				
Male	26.2%	22.6%	70.4%	25.6%
Female	24.3%	24.9%	50.6%	19.7%
Age				
18-24	3.4%	21.0%	43.8%	35.9%
25-34	10.0%	17.0%	56.8%	23.7%
35-44	14.8%	20.2%	60.3%	27.3%
45-54	30.9%	23.5%	69.0%	22.4%
55-64	37.8%	27.9%	71.9%	20.0%
65 +	51.3%	32.9%	61.8%	8.5%
Income				
Under \$15,000	31.9%	37.9%	59.4%	28.5%
\$15-\$24,999	25.9%	29.6%	61.0%	30.1%
\$25-\$34,999	28.5%	23.3%	60.9%	25.8%
\$35-\$49,999	23.8%	21.5%	59.8%	25.7%
\$50-\$74,999	19.6%	15.7%	63.4%	16.0%
\$75,000 +	20.6%	13.3%	61.0%	12.4%
Education				
Less than High School	31.9%	42.5%	62.8%	30.6%
High School Grad/GED	26.8%	28.1%	60.4%	28.2%
Some College/Tech.	23.1%	21.9%	60.8%	23.6%
College Graduate	23.0%	12.9%	59.6%	10.7%

Behavioral Risk Factor Surveillance System Definitions

Hypertension: Respondents who report they have ever been told by a health professional that they have high blood pressure.

Physical Inactivity: Respondents who report that they have had no physical activity in the last month.

Overweight / Obese Based on Body Mass Index: Body Mass Index (BMI) is a common measure expressing the relationship (or ratio) of weight-to-height. BMI is a mathematical formula

in which a person's body weight in pounds is divided by his or her height in inches divided by height in inches (again) times 703 (i.e., $((wt/ht)/ht \times 703)$). The BMI is more highly correlated with body fat than any other indicator of height and weight. Individuals with a BMI of 25 to 29.9 are considered overweight, while individuals with a BMI of 30 or more are considered obese.

Cigarette Smoking: South Dakotans who report smoking at least 100 cigarettes in their lifetime and who now smoke.